

# WHI: RECENT RESULTS

Saralyn Mark, MD  
Senior Medical Advisor  
NASA/OCHMO  
DHHS/OWH

# LOW FAT DIET BREAST CANCER

- DESIGN: Randomized, controlled primary prevention trial in 40 centers
- PARTICIPANTS: 48,835 women, aged 50-79, no prior history of breast cancer
- INTERVENTION: 2 groups: 1) dec intake of total fat to 20%, inc fruit /veg/grain to 6/day; 2) no change in diet

# LOW FAT DIET BREAST CANCER

- RESULTS: Total fat was dec in diet mod group(10.7%-8.1% of energy/yr 6), inc 1 serving / yr 8
  - \*invasive breast cancer-group 1 (655:0.42%)
  - \*invasive breast cancer-group 2 (1072:0.45%)

A) DIET DID NOT RESULT IN STAT SIG  
REDUCTION OF BREAST CANCER

B) NONSIG TREND--DEC RISK AMONG  
HIGH FAT DIET AT BASELINE

# LOW FAT DIET BREAST CANCER



- Trend indicates benefit: 9% lower in group 1
- Tumor receptor and diet
- Insulin, IGF, inflam levels
- BIAS: f/u 8.1 yr not 9 yr
- BIAS: few adhered to diet-31.4%/yr 1 to 14.4%/yr 2

# LOW FAT DIET

## COLORECTAL CANCER

- RESULTS:
- colorectal cancer-group 1 (201:0.13%)
- colorectal cancer-group 2 (279:0.12%)
- Secondary Analyses: interaction with ASA and est/prog use ( $P=.01$ )
- BIAS: No colonoscopy, short term f/u

DIET DID NOT RESULT IN STAT SIG  
REDUCTION IN COLORECTAL CANCER

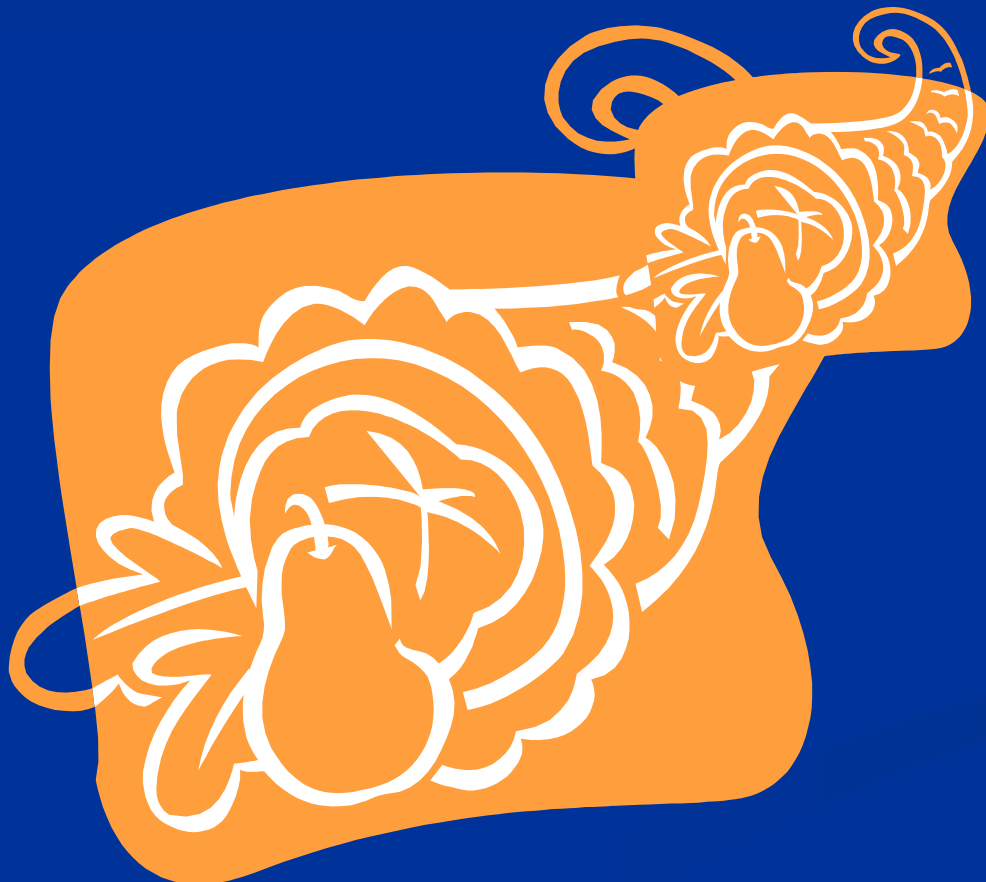
# LOW FAT DIET

## CARDIOVASCULAR DX

- RESULTS:
- Dec: 8.2% in energy intake
- Dec: (sm) in sat/monounsatur/polyunsatur fat
- Dec: LDL, DBP, Factor V11
- No CHG: HDL, TG, Glu, Ins
- CHD-group 1(1000:0.63%)
- CHD-group 2(1549:0.65%)

# LOW FAT DIET CARDIOVASCULAR DX

- Trend indicates greater reduction in CHD risk (not stroke) with dec intakes of sat fat or trans fat and inc intakes of veg/fruits



# CALCIUM / VITAMIN D FRACTURE RISK

- METHOD: 36,282 women, ages 50-79, randomly assigned to 1000mg CaCo<sub>3</sub>, 400IU vitamin D<sub>3</sub> vs placebo x 7yrs
- RESULTS: Hip BMD 1.06% higher
- RESULTS: HR-Hip fx (0.88-0.71), Spinal fx (0.90), Total fx (0.96), Renal calculi (1.17)



# CALCIUM/VITAMIN D FRACTURE RISK



- QUESTIONS:
- Low Dosage (400IU)
- Compliance (59%)-29% reduction in hip fx
- Power too low-high BMI, low recruits >70yrs, prior calcium or MHT
- >Age 60, sig dec in hip fx

# CALCIUM/VITAMIN D

## COLORECTAL CANCER

- RESULTS:
- colorectal cancer-group 1 (154:0.86)
- colorectal cancer-group 2 (168:1.08)
- INCIDENCE: NO SIG DIFFERENCE
- QUESTIONS: latency, dosage, screening